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**Protect Your Family from
Typhoid Disease!**



Dogs are more susceptible to the tick-borne Lyme disease than cats. Here are steps to take to protect your family by taking care of the

- Get a yearly Lyme disease vaccine from your veterinarian.
- If you have a particularly furry dog, comb him with a fine-toothed, light-colored comb. Inspect the comb for ticks. Ticks that carry the disease are often tiny and easy to miss.
- Inspect all areas, including the ears and face.
- If a tick is attached to the skin, pull it out with tweezers. Don't try to burn it off or cover it with gasoline.
- Wash the area with soap and water. Monitor it for signs of infection. If your dog gets Lyme disease, a bull's-eye rash will appear at the site three to 32 days after your pet has been bitten.
- Watch for symptoms of the disease. They include sudden severe pain, lethargy, fever, loss of appetite, and depression.

Salted Dressing - How to Hold the Mayo

Salad Dressing - How to Hold the Mayo
Love salads but hate the cholesterol and fat? Here are a few heart-healthy ways to enhance the salads you enjoy:

Coleslaw: Combine 1 cup of plain, low-fat yogurt with 1 tablespoon of sour cream and your favorite herbs and spices, such as the traditional dill, celery and caraway flavors.

Fruit Salad: Combine $\frac{1}{4}$ cup of orange juice with 2 tablespoons of plain, low-fat yogurt and a dash of freshly grated nutmeg.

Chicken or Seafood Salad: Combine 3 tablespoons of cider vinegar with your favorite herbs and spices in a blender or food processor. Then puree with $\frac{1}{2}$ cup of plain, low-fat yogurt and $\frac{1}{4}$ cup of evaporated skim milk.

Potato Salad: Using your

Obverse
face

Duplicate Receipts

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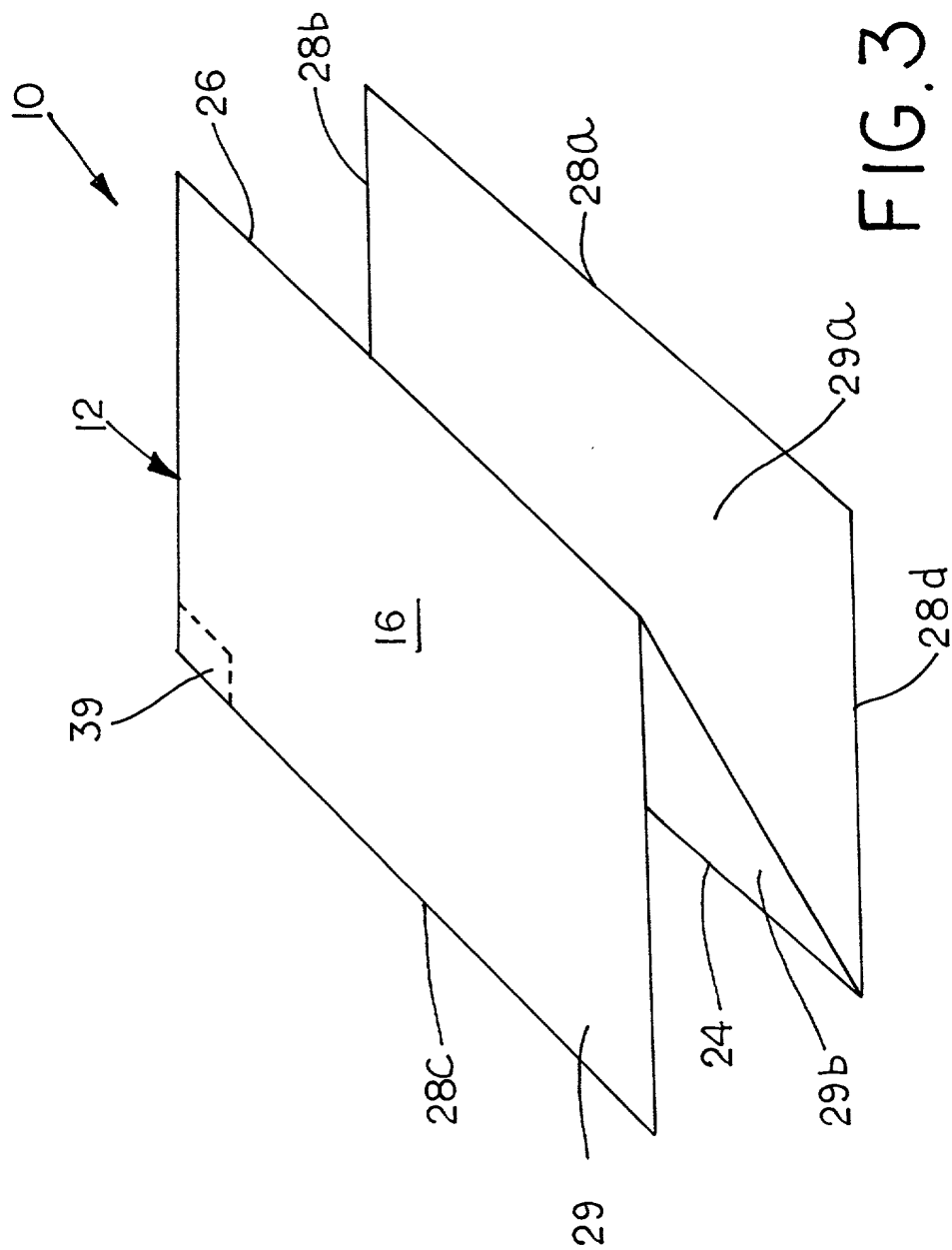


FIG. 3

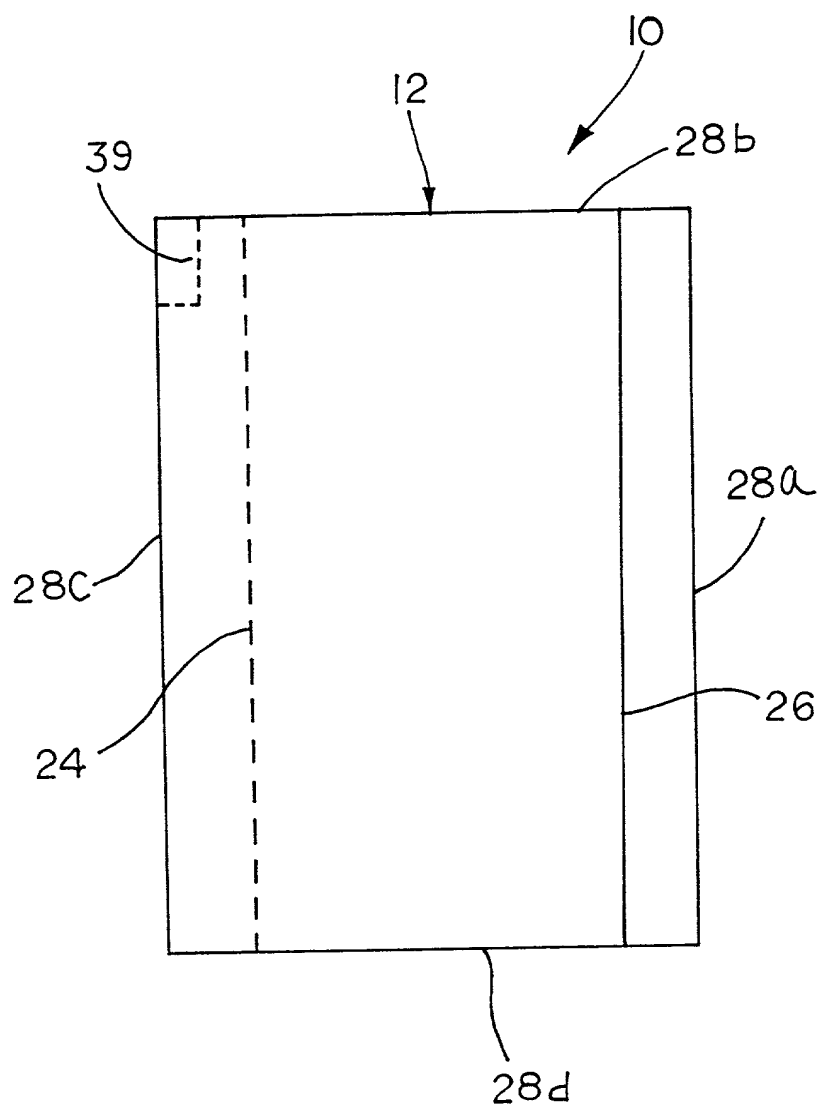


FIG. 4

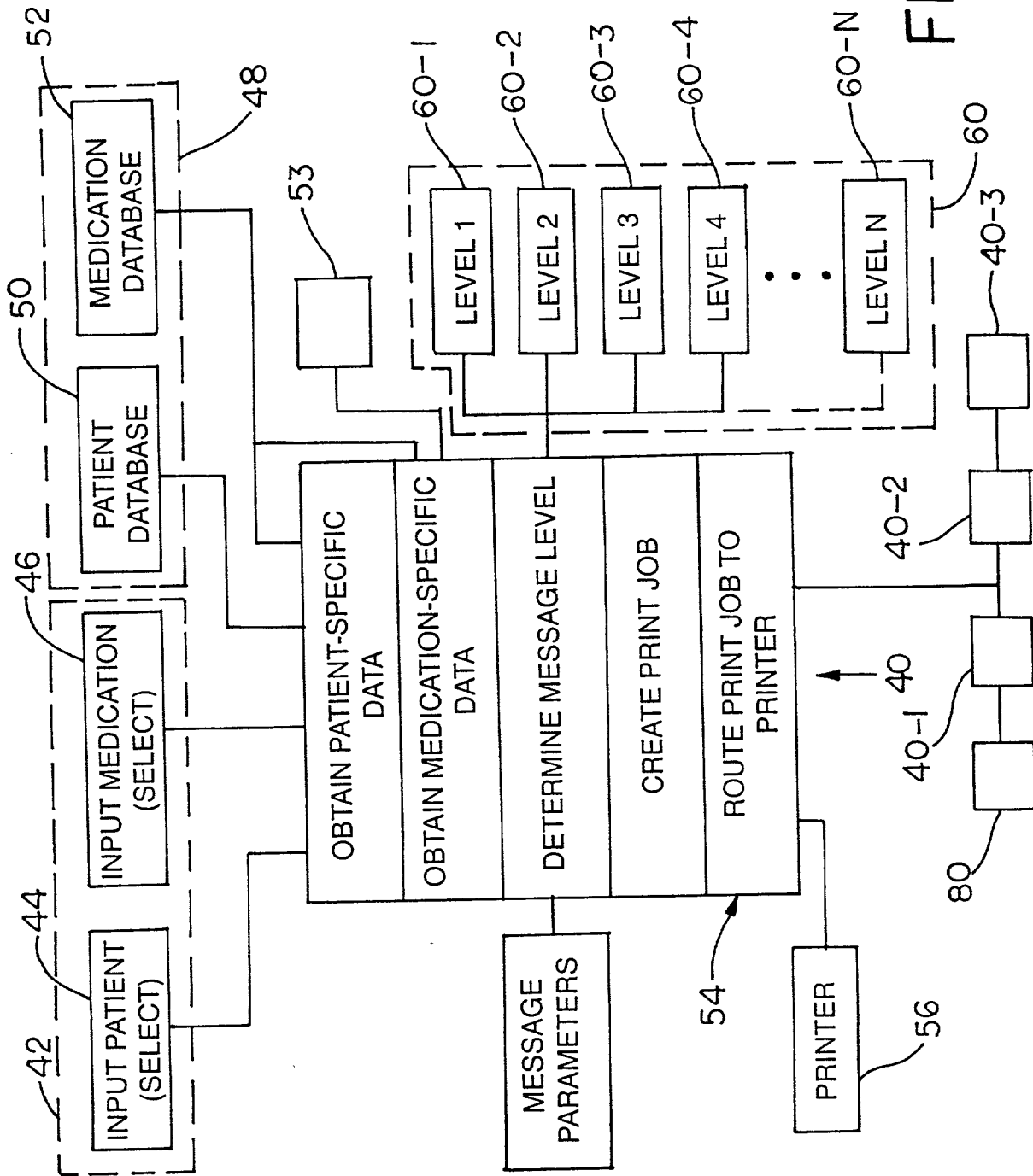


FIG. 5